non-removable media embodied by a certain method or technology for storing information such as computer-readable instruction code, a data structure, a program module or other data. The communication medium typically includes the computer-readable instruction code, the data structure, the program module, or other data of a modulated data signal such as a carrier wave, or other transmission mechanism, and includes any information transmission medium. For example, the computer storage medium may be implemented as a read-only memory (ROM), a random access memory (RAM), a flash memory, a CD, a DVD, a magnetic disk, or a magnetic tape.

[0060] It should be understood that the exemplary embodiments described therein should be considered in a descriptive sense only and not for purposes of limitation. Descriptions of features or aspects within each exemplary embodiment should typically be considered as available for other similar features or aspects in other exemplary embodiments.

[0061] While one or more exemplary embodiments have been described with reference to the figures, it will be understood by those of ordinary skill in the art that various changes in form and details may be made therein without departing from the spirit and scope as defined by the following claims.

1. A method of controlling a wearable device, the method comprising:

determining whether a sensor provided in the wearable device is in an activated state;

controlling an adherency controller for adjusting adherency between the sensor and a body of a user wearing the wearable device based on whether the sensor is in the activated state; and

detecting a biosignal via the sensor.

2. The method of claim **1**, wherein the determination of whether the sensor is in the activated state comprises checking an operation schedule of the sensor.

3. The method of claim **1**, wherein the wearable device comprises a band which is wearable on the body of the user, and the controlling of the adherency controller comprises controlling the adherency controller to lengthen or shorten the band.

4. The method of claim **1**, wherein the wearable device comprises a frame and temples of a pair of glasses,

the adherency controller comprises a hinge for connecting the frame to each of the temples, and

the controlling of the adherency controller comprises increasing or decreasing an angle of the hinge.

5. The method of claim **1**, wherein the detecting of the biosignal comprises detecting at least one of action potential of muscles, blood volume, electrical activity of the heart, respiration, heart rate, temperature, and blood pressure.

6. A wearable device comprising:

a sensor configured to detect a biosignal from a body of a user wearing the wearable device;

an adherency controller configured to adjust adherency between the sensor and the body of the user; and

a controller configured to control the adherency controller based on whether the sensor is in an activated state.

7. The wearable device of claim **6**, wherein the controller is configured to determine whether the sensor is in the activated state by checking an operation schedule of the sensor.

8. The wearable device of claim **6**, wherein the wearable device further comprises a band which is wearable on the body of the user, and the adherency controller is configured to lengthen or shorten the band according to an operation of the controller.

9. The wearable device of claim **6**, wherein the wearable device comprises a frame and temples of a pair of glasses,

the adherency controller comprises a hinge for connecting the frame to each of the temples, and

the wearable device is configured to increase or decrease an angle of the hinge.

10. The wearable device of claim **6**, wherein the sensor detects at least one of action potential of muscles, blood volume, electrical activity of the heart, respiration, heart rate, temperature, and blood pressure.

11. A non-transitory computer-readable recording medium having a program recorded thereon, which, when executed by a computer, performs the method of claim **1**.

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